You can use this tool to assess if there is a risk of hazardous levels of exposure to ultraviolet (UV) radiation from the sun associated with performing tasks outdoors.

**Location:**

**OHS Rep:**

**Task(s) being performed outdoors:**

To assess the UV risk of a work site, tick the relevant box for each factor below. Each category adds to the accumulated level of risk, adding to the overall risk of unsafe UV exposure.

<table>
<thead>
<tr>
<th>Very High</th>
<th>High</th>
<th>Moderate</th>
<th>Low</th>
</tr>
</thead>
</table>

**What time of day is spent outdoors?**

- [ ] All day
- [ ] 10am-3pm
- [ ] 3-5pm
- [ ] 8-10am
- [ ] After 5pm
- [ ] Before 8am
- [ ] At night

**What is the altitude of the location?**

- [ ] More than 1500m
- [ ] 1000-1500m
- [ ] 500-1000m
- [ ] Less than 500m

**In which season does the work take place?**

- [ ] All year
- [ ] Summer
- [ ] Autumn/Spring
- [ ] Winter

**What kind of surface is the work performed on?**

- [ ] Snow or sand
- [ ] Concrete
- [ ] Water
- [ ] Grass or dirt

**What level of shade is the work performed under?**

- [ ] No shade
- [ ] Partial shade
- [ ] Total shade
- [ ] Indoors

**What level of shade is provided during breaks?**

- [ ] No shade
- [ ] Partial shade
- [ ] Total shade
- [ ] Indoor break area

**How many of the following methods of protection are provided?**

- [ ] Portable shade structure
- [ ] UV protective hat
- [ ] Long trousers
- [ ] Helmet with brim attachment
- [ ] Sunscreen (30SPF or higher)
- [ ] Wrap-around sunglasses
- [ ] Shirt with long sleeves and a collar (made from UPF50+ material)

By now you should have a fair idea of the risk of UV exposure in your workplace. The next step will be to approach your employer about putting together a plan to address the risk. Your employer has a duty to provide a safe working environment, and they must ensure that workers are not at risk of skin cancer. See next page for suggested risk elimination/reduction controls.
UV Exposure Risk Assessment

Identification of risk control measures:

**Is it reasonably practicable to use the following engineering controls?**

<table>
<thead>
<tr>
<th>Engineering Control</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Use shade (natural, portable, or permanent structures)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Modify reflective surfaces or move away from these surfaces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Provide window tinting for work vehicles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Is it reasonably practicable to use the following administrative controls?**

<table>
<thead>
<tr>
<th>Administrative Control</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Reschedule outdoor work for earlier in the morning, later in the afternoon or at night</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Move jobs indoors or into shaded areas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Rotate staff and work, so that the same people are not always outside</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Is it reasonably practicable to provide the following personal protective equipment (PPE)? (Hint: in the vast majority of cases, yes, it is.)**

<table>
<thead>
<tr>
<th>PPE</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Workwear with long sleeves, long pants and a collar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- A UV-protective hat - i.e. a legionnaire, broad-brimmed or bucket style hat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Wrap-around sunglasses (compliant with AS 1067)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Broad-spectrum, water-resistant sunscreen that is at least SPF30, easily accessible for staff</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Staff are encouraged and able to reapply sunscreen every two hours, and/or when they get wet or perspire</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For the level of UV in your location download the SunSmart app.
For more information go to: [www.sunsmart.com.au](http://www.sunsmart.com.au)